Cavan Ventures Inc.

Suite 579-1917 West 4th Ave. Vancouver, B.C. V6J 1M7 Tel: (604) 628-5878; Fax: (604) 608-4935

November 3rd, 2008

TSX Venture Symbol: CVN

Cavan Ventures Inc. Grants Incentive Stock Options

Cavan Ventures Inc. (the "Company") announces that it has granted incentive stock options to two directors as of October 27th, 2008, allowing a total of 150,000 common shares to be purchased on or before October 27th, 2013 at a price of \$0.19 per share.

On behalf of the Board of Directors, CAVAN VENTURES INC.

"Ming Chiang"

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